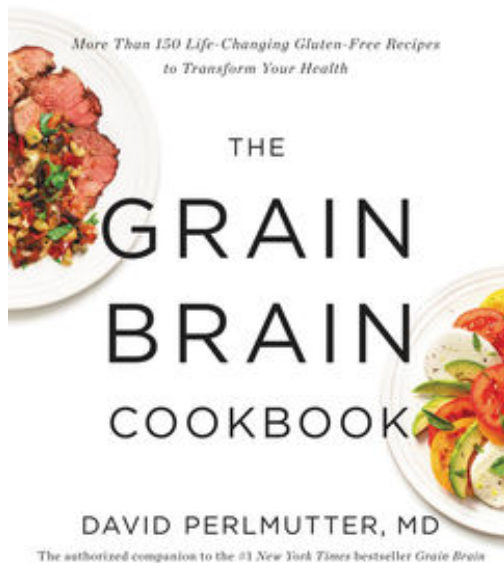


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*The Grain Brain Cookbook* presents more than 150 delectable recipes to keep your brain vibrant and your body fit, all while dramatically reducing your risk for - and treating - Alzheimer's, depression, ADHD, and epilepsy, as well as relieving everyday conditions like headaches, insomnia, and forgetfulness. With delicious recipes for every meal -- including Spicy Chicken Burgers with Guacamole, Gruyere-Glazed Pork Chops and Cauliflower "Couscous," and many more -- *The Grain Brain Cookbook* gives you all the tools you need to build a gluten-free diet full of wholesome, flavorful, easy-to-make meals.

What you eat is the most important decision you make every day in terms of your health, and once you've tasted how good the *Grain Brain* diet can be, you'll want to keep making the right choices day after day.

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